



nami

**Southern
Arizona**

National Alliance on Mental Illness



**FIND HELP.
FIND HOPE.**

**Celebrating 36 Years
1983-2019**

2019

ANNUAL REPORT



From the Interim Executive Director

NAMI Southern Arizona is laser focused on its mission to reduce the prevalence of stigma affecting those living with a mental illness. We provide support, education and advocacy to individuals living with a mental illness and their families and friends at no charge. Mental health disorders continue to be quite prevalent and stigma impacts people's willingness to seek help.

One in five people experience a mental health condition during their lifetime, yet only 51% of youth and 43% of adults with mental health conditions receive treatment in a given year. Why is this important? Mental health impacts the individual (cardiometabolic disorders are twice as high in adults living with serious mental illness), families (over 8.4 million Americans provide care to someone living with a mental health disorder), our community (1 in 8 of all visits to emergency departments in the US are related to a mental health or substance use disorder), and, the world (depression and anxiety cost the global economy \$1 trillion each year in lost productivity).

There is hope. Increasingly, people are talking about mental illness.

This year, NAMI SA provided education about mental illness to almost 7500 middle and high school aged youth in Southern Arizona – an increase of 50% over last year. Our In Our Own Voice presentations reached over 500 individuals in workplaces and community locations. Our Peer to Peer and Family to Family classes and support groups continued to be in high demand, resulting in an increase in classes offered. Our advocates provided support and referral assistance to individuals in crisis daily. Our new collaboration with the University of AZ resulted in the formation of the Help and Hope for Youth Alliance bringing together 44 organizations reaching children and teens with mental health education, resources and services to reduce stigma and increase help-seeking behavior.

In addition to the growth of our programs and services, much has happened at NAMI SA this year.

- After 15 years of leading the organization, Clarke Romans decided to try some new challenges and Marion Gudinas, long time bookkeeper, has retired. We will miss them both.
- NAMI SA became a Qualified Charitable Organization (QCO) for Arizona tax credits. Join us in celebrating with your tax credit donations (NAMISA QCO Code 21027.)
- NAMI SA's Help and Hope for YOUth (HH4Y) initiative was chosen to compete for grants, prizes and donations in the Social Venture Partners Fast Pitch Tucson showcase. Arcy Cornidez, Project Director for HH4Y made a very successful pitch. In addition, Arcy is participating on a state-wide task force on school safety.
- NAMI Basics is back. Under the leadership of Ann Lettes, the program will offer information and support to parents, guardians and other family members who provide care for youth with mental health symptoms. The program will be available as in person classes as well as online.
- The Board has developed a new three year strategic plan that focuses on strengthening and growing NAMI SA enabling it to further its mission of stigma reduction through education, support and advocacy. The Board has also been busy with its recruitment of a new Executive Director and anticipates the person will be in place by the new year.

Now is an opportune time for NAMI SA to build on its foundation and push forward with creating hope and change. With greater resources, NAMI SA can offer the leadership to create hope and health for all individuals within the community. Together we will strive for not only parity in access to care, but parity in social acceptance as well. Visit NAMIsa.org to learn more about what we are doing and how you can help.



Find Help. Find Hope.

About Us

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illnesses. These illnesses include major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, post-traumatic stress disorder (PTSD) and borderline personality disorder. NAMI is a non-profit

organization with hundreds of affiliates. NAMI's goal is to provide education, support, and advocacy to eliminate stigma and to offer hope for recovery and a fulfilling life.

Every year, regardless of race, age, religion or economic status, mental illness impacts the lives of nearly 60 million Americans. One quarter of all social security disability payments are for individuals with mental illness. Just as startling is the fact that in the United States, the economic impact of mental illnesses is estimated to be \$193 billion in lost earnings every year.

The National Institute of Mental Health reports that one in five people experience a mental health disorder in a given year. One in 25 lives with a serious mental illness, such as major depression, bipolar disorder or schizophrenia, and one in 6 children aged 6-17 experience a mental health disorder each year. Yet two-thirds go without treatment, mostly because of stigma and their inability to access care. However, up to 90% of people being treated for mental illnesses will recover, unlike many other diseases such as heart disease and diabetes which have a much lower recovery rate.

NAMI Southern Arizona offers an array of support and education programs for families and people with mental illness. For more information, contact us by calling **(520) 622-5582**, namisa@namisa.org or our website namisa.org.

Recovery

In recent years, there has been increased recognition that recovery can refer to a person's improved capacity to lead a fulfilled life that is not dominated by illness and treatment. This is known as the "recovery approach" or "psychosocial rehabilitation." In contrast to the medical approach, the recovery approach does not require people to experience reduced symptoms or the reduced need for medical and social care. It is more about experiencing the improved quality of life and higher levels of functioning despite the illness. Recovery in this sense does not mean that the illness has gone into complete remission. It means that over time, through what for many is a long and difficult process, individuals can come to terms with their illness by first learning to accept it and then moving beyond it. They can learn to believe in themselves as individuals by learning their strengths as well as their limitations and coming to realize that they do have the capacity to find purpose and enjoyment in their lives in spite of their illness. The successful recovery model sees individuals with mental illness as active participants in their own recovery process.



**Wear the Silver Pin to
Promote
Awareness!**

Our Mission

NAMI Southern Arizona improves the quality of life for all those affected by mental illness.

Our Vision

Southern Arizona is a stigma-free community in which abundant resources and support exist to ensure that everyone is healthy in body and mind.

Our Values

Acceptance, Empathy, Hope,
Make a Difference, Vision

NAMI Southern Arizona would like to gratefully acknowledge the following foundations for their contributions in 2019.

- Connie Hillman Foundation
- Jasam Foundation of Arizona
held at the Community Foundation for Southern Arizona
- The David and Lura Lovell Foundation
- Stonewall Foundation
- SAMHSA
- Oak Tree Foundation
- J&J Services

YOU'RE INVITED TO LEAVE A LEGACY OF HOPE



There are many reasons that individuals and family members find their way to NAMI Southern Arizona. The programs that NAMI offers (including Family to Family, NAMI Basics, Peer to Peer, Peer Leader and Peer Support Specialist Training (PSS), Ending the Silence, In Our Own Voice and the support groups) have provided a path for many of us to a more positive way of life when the difficulties of living with a mental illness seem overwhelming.

Volunteers give our time, talent and dollars to make sure that NAMI Southern Arizona continues to offer these life-changing services right now. There is an additional way that you can benefit our organization in a significant way long into the future by making a planned gift.

A planned gift is a future gift that you can make by designating NAMI Southern Arizona (or the NAMI Southern Arizona Endowment Fund*) in your will or trust, through a beneficiary designation on a financial account or in a charitable annuity or trust arrangement.

NAMI Southern Arizona established the Legacy of Hope Society in 2012 to honor those who let us know that they have designated our organization to receive a future planned gift. For more information or to let us know that you have already designated NAMI Southern Arizona in your estate plan, please contact the Executive Director, at 520-622-5582 or at namisa@namisa.org. NAMI Southern Arizona is a nonprofit 501(c)(3) organization 86-0450977.

* In 2016, the Board of Directors established the NAMI Southern Arizona Endowment Fund at the Community Foundation of Southern Arizona. An endowment is like an artesian well; it never runs dry. That's because our Fund policy prohibits spending the principal. Only the income can be used to meet the purposes of the endowment.



Help & Hope for YOUTH

Is a multi-sector initiative to reduce stigma associated with mental illness so youth (ages 10-24) will seek help when experiencing signs or symptoms of mental illness or behavioral health issues.

NAMI SA, in collaboration with the University of Arizona (UA) Department of Family & Community Medicine (DFCM), and the UA Southwest Institute for Research on Women (SIROW), has begun a multi-sector initiative with the goal to reduce stigma associated with mental illness so youth (ages 10-24) seek help when experiencing signs or symptoms of mental illness or behavioral health issues. We are bringing together many organizations and individuals who collectively can take on educating a new generation to be free from stigma in how they view and treat themselves and others. We are committed to ensuring that more children and teens receive the help they need to begin recovery and prevent mental health issues from spiraling out of control.

Reducing the Stigma of Mental Illness

Stigma is the single biggest deterrent to mental health treatment and recovery, keeping 60% of people who could find help from accessing treatment. Symptoms may begin at age 14 or earlier, yet the stigma associated with mental illness often results in a staggering delay of 8-10 years between onset of symptoms and receiving treatment.

Today young people are increasingly vulnerable to depression, anxiety and other forms of mental illness. According to Mental Health America's recent report, *The State of Mental Health in America 2017*, youth depression rates have risen from 8.5% in 2011 to 11.1% in 2014. In Arizona, 13% of youth reported suffering from at least one major depressive episode in the past year and 10% had severe depression; of these, nearly 70% of youth with major depression did not receive any mental health treatment. Currently, Arizona ranks 50th among 50 states and the District of Columbia for youth (12 to 17) with higher prevalence of mental illness and lower rates of access to care.

Mental illness stigma disproportionately affects help seeking among youth as well as ethnic minorities. Stigma includes negative beliefs, attitudes, intentions, and behaviors towards mental illnesses and its treatment. Stigma isolates children and teens and stops them from talking about what they are experiencing and seeking help. If untreated, mental health disorders can lead to skipping school, substance abuse, self-harm, suicidal thoughts, eating disorders, dropping out or expulsion from school, violence, and suicide or a psychotic episode. The National Institute of Mental Health (NIMH) reports 37% of students with a mental health condition age 14 and older drop out of school; 70% of youth in state and local juvenile justice systems have a mental illness. The Centers for Disease Control and Prevention (CDC) reports that suicide is now the second leading cause of death for ages 10-24.

It is time to break the stigma and here are the Initiative objectives to accomplish that.

1. Build capacity to improve youth mental health in Pima, Pinal, Cochise and Santa Cruz Counties.

Activities focus on

- Getting information out to the community on stigma (in both English and Spanish),
- Promoting help seeking,
- Ensuring information on resources is widespread and easily available, and
- Developing long-term funding and in-kind support to sustain efforts.

2. Widely disseminate education and training on stigma reduction and information on mental health resources in four counties.

3. Advocate for State-wide systemic change.

The collective leadership of the Arizona Youth Mental Health Alliance will enable us to advocate for policy changes in Arizona that serve to reduce stigma and encourage help-seeking behavior. Systemic change will involve bringing together major providers of youth mental/behavioral health services, including primary care providers in integrated healthcare settings, and youth, to conduct a dialogue that leads to early intervention and improved access to appropriate mental /behavioral health services.

2019 Annual Impact Report



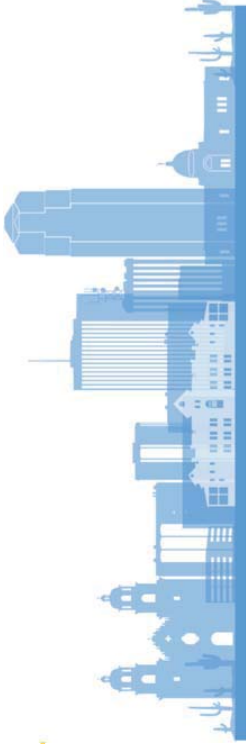
Serving Our Community Since 1983

our mission

NAMI Southern Arizona improves the quality of life for all those affected by mental illness.

28,599

individuals & families impacted this year by NAMI Southern Arizona



3,550

annual participants in NAMI Walks & awareness presentations



259

volunteer hours
176 volunteers



7,928

classes & training on mental illness



288

support group meetings



1,238

people supported by NAMI outreach



7,741

IMPACT

Help & Hope for YOUTH

is a major effort to improve outcomes for young people by working to reduce the stigma of living with and seeking services for mental illness. This initiative is in partnership with the University of Arizona Family & Community Medicine and the Southwest Institute for Research on Women (SIROW).

4

counties stakeholders

53

Education & Training

programs continue to expand their reach. Ending the Silence increased its presentations by 50% this year, reaching over 6,000 youth in Southern Arizona. Peer-to-Peer continues to be in high demand providing workforce development in addition to education and support. NAMI Basics for parents is now an online program as well as in person classes. All our programs continue to support so many in our community touched by mental illness.

14

teachers & mentors

presenters

37

Social Media

followers on Facebook, Instagram and Twitter are increasing exponentially in response to on-trend information and inspirational messages of support. We have more than doubled our reach by focusing on a broader and more diverse audience with an emphasis on youth.

2,290

Followers

Website visits

29,692

INITIATIVES

Education

NAMI Ending the Silence

An early intervention program that engages students, school staff and families in mental health education and discussion.

NAMI Family-to-Family *

A 8-class course for family and friends of adults with mental illness.

NAMI Peer-to-Peer *

National Alliance on Mental Illness

A 8-class course for individuals with mental illness focusing on recovery.

NAMI In Our Own Voice *

A presentation given by individuals with mental illness providing their testimonies.

NAMI Basics

A 6-class course for parents and caregivers of children with mental illness.

NAMI Homefront

A 6-session educational program for families, caregivers and friends of military service members and vets with mental health conditions

Other Events & Services

NAMI Walks

National Alliance on Mental Illness

Our annual walk for mental illness (March/April), which is our largest awareness campaign and signature fundraising event.

May is Mental Health Awareness Month.

July is Minority Mental Health Awareness Month.

Mental Illness Awareness Week*:

Promoting events and activities throughout the first week in October.

Lending Library*:

Books, DVDs, videos, and publications are available for checkout.

Presentations*:

Provided on request for health providers, community groups, faith-based communities, businesses and others.

Support

NAMI Family Support Group *

Provide the sharing of experiences, knowledge, hope and coping skills for family members and friends with a loved one with mental illness.

NAMI Connection *

National Alliance on Mental Illness RECOVERY SUPPORT GROUP

A weekly recovery-focused group for adults living with mental illness.



Heart to Heart: A friendship program for people with mental illness. Volunteers are matched with individuals who have mental illness and are trained to talk and participate in social activities together.

NAMI FaithNet

Supports faith communities who want to develop a mental health ministry or simply educate their clergy, staff, and congregations about mental illness and available community resources.

Advocacy

Our Advocates are available to act as your second voice and to help you:

- Understand your rights whether you are an individual with mental illness or a family member.
- Obtain mental health services and information.
- Work with the public/private mental health and legal systems.



* Program/Service available in Spanish

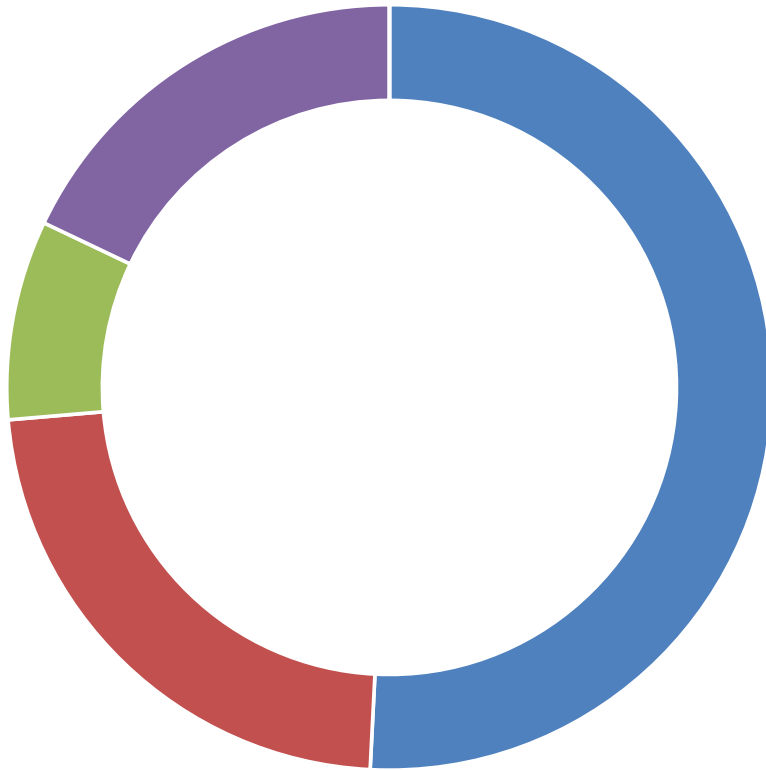
Follow us on:



www.namisa.org
Email-namisa@namisa.org

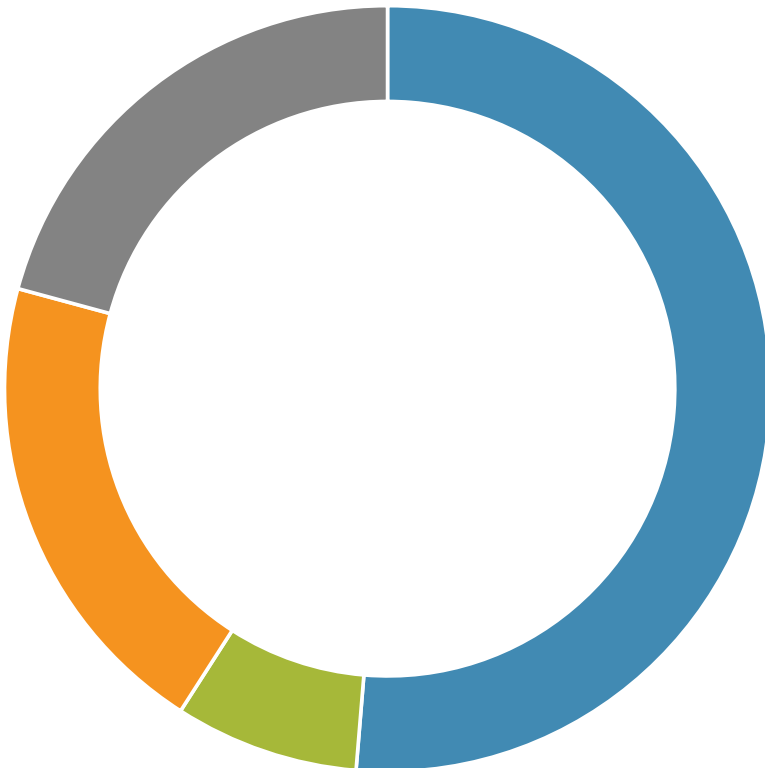
December 2019

FY 2018/19 REVENUES & EXPENSES
October 1, 2018- September 30, 2019



REVENUES- \$787,947

- Contributions \$396,741 - 50%
- Grants \$178,401 - 23%
- Help and Hope for YOUTH (HH4Y) \$65,788 - 8%
- Fundraising/Events \$129,975 - 18%
- Membership Dues \$2,506 - .4%
- Assets/Other \$4,563 -.6%



EXPENSES- \$745,388

- Programs & Advocacy \$382,471-51%
- Fundraising \$57,961- 8%
- Operations/Management \$149,981-20%
- Help & Hope for YOUTH \$15,497-21%

VOLUNTEER OPPORTUNITIES



Volunteering is a way to develop greater knowledge and understanding of mental illness, explore career possibilities and gain a sense of personal satisfaction by making a difference in the lives of others.

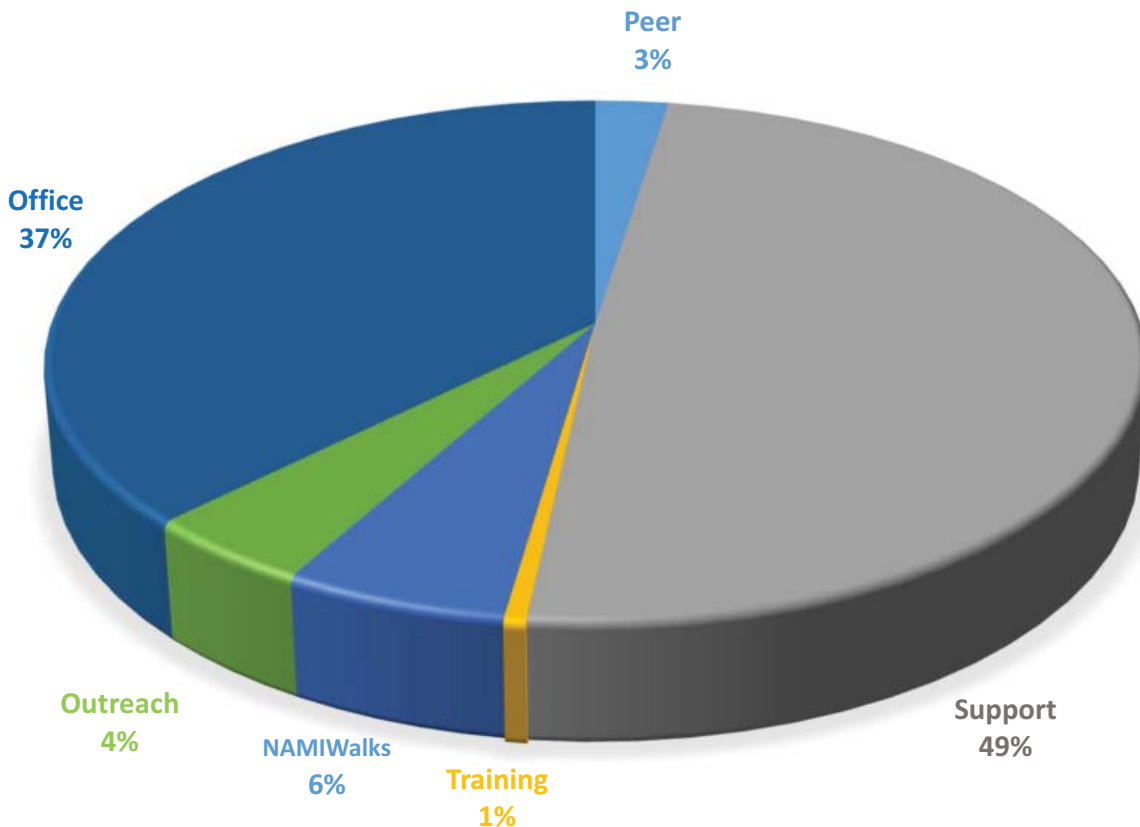
NAMI Southern Arizona was established in 1983 and has been fortunate to have had the support and dedication of our many volunteers over the past 35 years. People in our community volunteer for many reasons. Many decide to volunteer because they have benefitted from our advocacy, education and support and wish to give back to NAMI by supporting our programs and services. Many come to us at the early stages of recovery to gain new skills, meet new people and help themselves while helping others. Others volunteer to help the family members of people living with mental illness while sharing their experiences with their own loved ones to help caregivers through difficult times.

NAMI volunteers are the heart and soul of our non-profit organization and assist in a wide variety of ways to help NAMI Southern Arizona achieve its goals. To this end, NAMI accepts and encourages the involvement of volunteers at most levels of the organization and within all appropriate programs and activities.

NAMI Southern Arizona's volunteers are critical to our organization and its ability to flourish. Our volunteers are part of our vision and motivation...and why we strive to reduce stigma and provide hope to those affected by mental illness. NAMI Southern Arizona currently has approximately 180 active volunteers.

2019 NAMI SOUTHERN ARIZONA VOLUNTEERS

7,928 HOURS
VALUE = \$201,605



NAMI Walks

How far we've come!

NAMI Walks is NAMI's annual mental health awareness program. It is our largest fund raising and awareness campaign aimed at "Changing Minds...One Step at a Time." Nationwide the Walks are projected to raise over \$13 million in 2020.

Launched in 2003 with 12 sites, NAMI "Walks" is now in close to 100 communities in 40 States and has over 100,000 people participating each year. All walkers are encouraged to reach out to family, friends, coworkers and business associates for donations in support of their participation in the Walk. The NAMI Walks events are used to raise money and awareness to ensure NAMI's vital programs and services are available at no cost to provide help and hope to those in need.



NAMI Walks Report & Highlights

\$144,311.00 was raised

- ◇ Approximately 1,200 people walked and 2,500 people attended on Walk Day.
- ◇ 68 Teams consisting of families, friends and businesses!
- ◇ Our Honorary Chairs for 2019 were Ann Kirkpatrick, U.S. Congresswoman House of Representatives AZ 2nd District and Dave Bradley, AZ Legislative District 10.
- ◇ We received \$110,040 in-kind donations-media coverage, food, snacks, water and discounts on equipment, as well as hundreds of volunteer hours. Thank You!

2019 Honorary Chairpersons



Ann Kirkpatrick, U.S. Congresswoman
House of Representatives,
Arizona's 2nd District



Dave Bradley, Tucson Minority Leader
Representative, Legislative District 10
Arizona Legislature



Davis Monthan Honor Guard present colors



NAMIWalks Emcee
Lisa Villegas, KOLD
Chief Meteorologist



13TH ANNUAL NAMI Walks

National Alliance on Mental Illness

National NAMIWalks Elite Sponsor



NAMIWalks National Partner

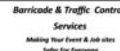
MEDIA SPONSORS



BEHAVIORAL HEALTH COALITION OF SOUTHERN ARIZONA



Wildlands Restoration



THANK YOU 2019 SPONSORS!

Benefiting NAMI Southern Arizona

NAMIWALKS- A PET FRIENDLY FAMILY AFFAIR-KID'S ACTIVITIES, FACE PAINTING, LOCAL MASCOTS & ZUMBA!





Mariachi Aztlán de Pueblo High School



Four Winds Tohono O'odham Drummers



Tucson Pipers



HOPE, Inc. Client Band

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stigmafree

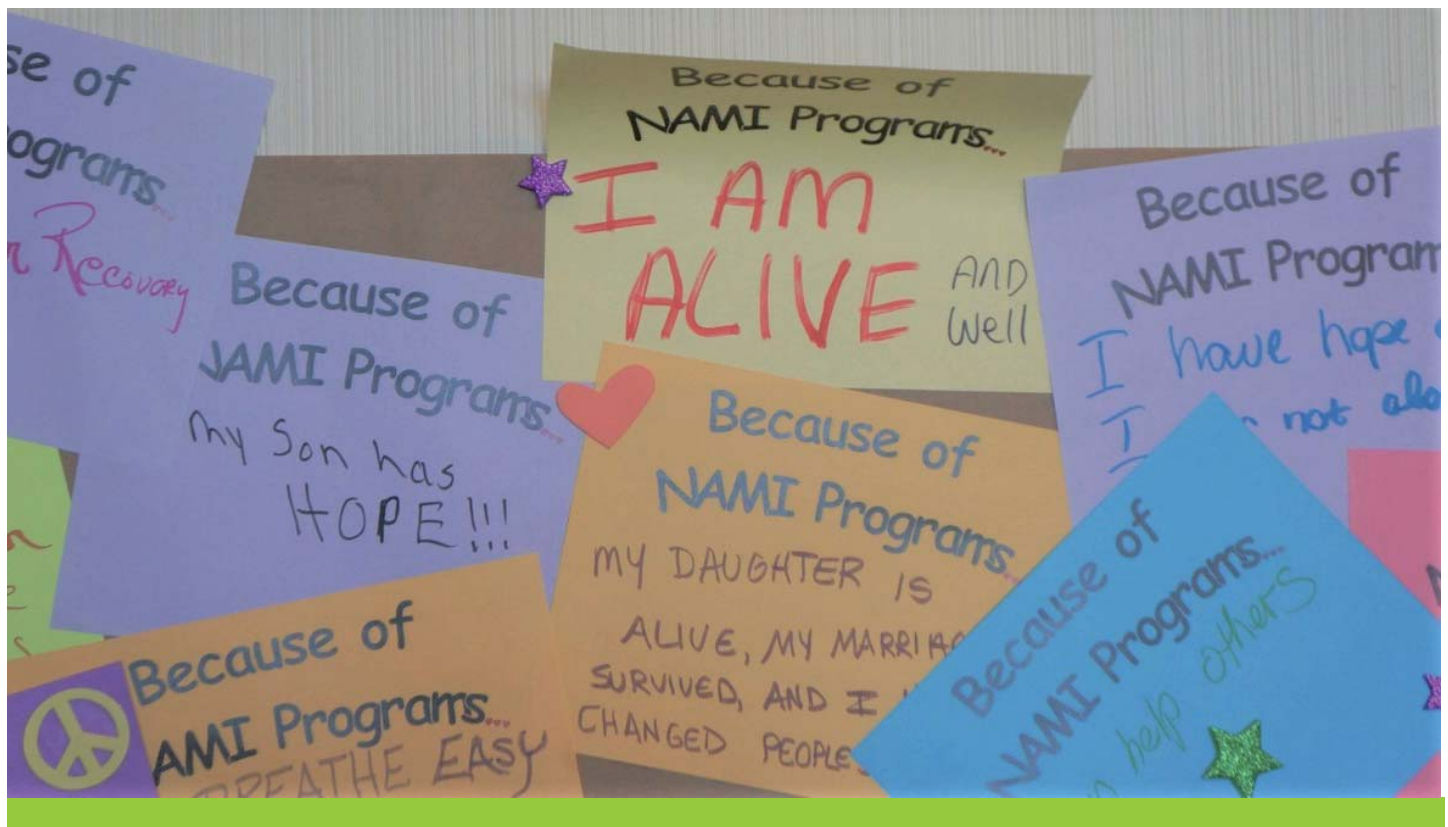
NAMI SUPPORT GROUPS

What are NAMI Support Groups?

The NAMI Support Group model operates differently than other, more traditional, "share-and-care" groups. NAMI offers a set of key structures and group processes for facilitators to use in common support group scenarios. Our support groups ensure attendees a chance to share and participate.

A support group can provide relevant information and a connection to personal experiences. Participants listen to others' experiences, provide sympathetic understanding and establish social networks. Knowing that there are others who have shared the same experiences may create a sense of relief, as no one need face these challenges alone. NAMI has Family and Friends support groups for those who have a loved one with mental illness. For persons with mental illness, NAMI Connection is offered. There are also support groups en español: Familias y Amigos and Conexión NAMI.

Other support opportunities are the Heart-to-Heart companionship program and Creative Expressions Art Group. Heart-to-Heart bridges the gap between the community at large and the population of people living with mental illness by matching trained volunteers with people who are living with mental illness. Volunteers become a friend to someone with whom they can spend a few hours of trusting companionship each week to help them with their integration back into society. The Creative Expressions Art Group uses a variety of activities to create opportunities for transformative experiences and a positive outlet for emotions to better deal with the struggles of mental illness.



NAMI SOUTHERN ARIZONA BOARD OF DIRECTORS



David Delawder, President

"I believe in the vision of NAMI SA to make Southern Arizona a stigma-free community in which abundant resources exist so that everyone is healthy in body and mind. Through membership on the public policy committee I plan to further the vision of NAMI SA and assist in its mission to improve the quality of life for all those affected by mental illness in a system of integrated healthcare (physical and behavioral)."



Marsi Quigley, Vice-President

"I want to help NAMI with its mission to educate, advocate and support people with mental health conditions and their families. I think awareness and education are key in helping to reduce the stigma associated with mental illnesses."



Zacharias Knickerbocker, Treasurer

As a board member I would like to support and further the mission and goals of NAMI in Tucson and the surrounding community. I am currently working on an MBA and would like an opportunity to apply this knowledge in marketing and financial management, in a real-world organization."



Laura Fairbanks, Secretary

"I would like to give back to the organization that has helped me get through some difficult times. I am interested in being involved in public education for the general public about mental illness and the symptoms associated with mental illness. One of my professional roles has been as a media liaison to local news outlets; I would like to put this experience to work to help educate our community about mental illness."



Dr. Margie Balfour M.D., Ph.D., Member

"I think NAMI is a great resource. The support that families need is often overlooked. The individual does better with family support, and families often need support so that they can understand what is going on and can be there for their loved one. I would like to help get people connected to NAMI who need it by increasing awareness among clinicians of what NAMI can offer."

Dr. Balfour resigned from the NAMI SA board in May, 2019 we thank her for her dedication to our mission.



Dr. Patricia Harrison-Monroe, Member

"Throughout my career in community mental health, I have sought to improve the lives of the underserved, address the needs of those who lack access to appropriate care, and support those who seek an equal voice. I hope to bring my experience of developing programs and working with at-risk and underserved populations and their families who are struggling with mental illness. I further intend to use my connections to local leaders to assist NAMI SA in continuing its efforts to have a clear and central presence in Pima County."

NAMI SOUTHERN ARIZONA BOARD OF DIRECTORS, continued



Julie Jameson, Member

Julie has been in the pharmaceutical industry for 30+ years, the last 19 with a focus on psychiatric illness. Her passion to help patients stems from seeing friends and family affected by mental illness and suicide.

Julie has been married for over 30 years and has “an amazing 23 year old son!” She loves to volunteer and has been involved with 4-H, helping friends start a horse rescue, and been involved with NAMI for many years. She is dedicated to helping NAMI continue to provide great services for those that need it most!



Kate Vesely, Member

“It has been an honor and a pleasure to work and collaborate with NAMI throughout my career in the criminal justice system. The voice of NAMI has played an important role in shaping law enforcement and the justice system we see in our community today. As a board member, I hope to continue this collaboration and ensure the voice of consumers and their families is represented as our community progresses in justice system reform.”



Matthew Pate LMSW, Member

“I serve on the NAMI board because I believe in their mission of support to those experiencing mental illness, their family/friends and our wider community. NAMI is one of the loudest voices in our community fighting against the stigma of mental illness and I’m proud to be a part of that effort.”



Betty Seery, Member

“NAMI is an extremely important organization. NAMI has given a voice to families and their loved ones and raised awareness on many fronts. With the anti-stigma campaigns, television exposure, and recent movies, mental illness has been taken “out of the closet.” It is vital that this influence continues and that more families are brought into the fold through greater visibility. I would like to see NAMI membership and influence grow. We’ve done a lot, but there are still so many people who have no knowledge of mental illness.”



Eric Stark, Member

“I believe in the importance of NAMI’s mission and believe I can help further that mission. I would like to facilitate a wider awareness within the community and to increase referrals to NAMI’s programs.”

PIMA COUNTY REALITIES:

1 in 5, or **200,000 ADULTS**, experience a mental illness in a given year — 57,000 Hispanics, 4,800 Asians, 7,600 African Americans.

\$605 million in lost earnings.

HOW DOES THIS AFFECT LIFE SPAN IN ARIZONA?

People with a serious mental illness **DIE MORE THAN 30 YEARS EARLIER** than those without mental illness. **SUICIDE** is the **9TH LEADING CAUSE OF DEATH.**

Why Care? Mental Illness Awareness Week

OCTOBER 6-12

Share why you care, be informed and get involved!

Candlelight Vigil for Mental Illness Recovery and Understanding Mental Illness Awareness Week, October 6-12, 2019



As part of Mental Illness Awareness Week, NAMI Southern Arizona held a candlelight vigil and prayer service at Reid Park's Cancer Survivors Plaza on October 8th. The vigil served to remember the lives lost to mental illness and to remind those struggling with it today that they can find help. The candle lighting ceremony was conducted by Father, Rick Wilson, Episcopal Church of St. Matthew.

Ten candles were lit representing Faith, Truth, Healing, Understanding, Grace, Hope, Justice, Peace, Thankfulness and Steadfast Love.

More than 50 people enjoyed beautiful weather at our 6th annual public candlelight vigil. As a way to break down the stigma of mental illness, presenters Jennifer Frost, Rebecca Coffman and Vana Dee Lewis, presenters in our In Our Own Voice and Ending the Silence Programs, shared their stories of personal struggle and the process of recovering from mental illness.

Mental illness impacts 60 million Americans and an estimated 200,000 people in the Tucson area alone. NAMI will continue to hold the vigil, an annual all-faith public event, on the NAMI National Day of Prayer (on a Tuesday during the first full week Sunday-Saturday in October) during Mental Illness Awareness Week.

NAMI Southern Arizona - MANAGEMENT

H. Clarke Romans, Ph.D., Executive Director
cromans@namisa.org



H. Clarke Romans has been a family member of the National Alliance on Mental Illness (NAMI) Southern Arizona since 1997 when he was elected to the Board of Directors. He has been involved in mental illness advocacy since his son Kenneth was diagnosed with schizophrenia in 1979. Clarke's son died in 2001. Clarke served on the Board of Directors of Community Hope in Morris County, NJ, then as interim Executive Director of NAMI Arizona 2004-2005. He is currently Executive Director of NAMI Southern Arizona. He is also on the Board of Arizona Mental Health America of Arizona. Clarke is involved in NAMI because he believes that the stigma that plagued his son should be eliminated.

Christina Bickelmann, Communication & Events Director, NAMIWalk Manager
cbickelmann@namisa.org



Christina is charged with raising awareness and funds to support local NAMI programs and services through events such as the annual NAMIWalks, quarterly newsletter, Annual Report, Annual Appeal and working with the media. Christina was introduced to NAMI and its mission in November 2013, by a former board member and longtime colleague. Christina worked for ADWR nearly 18 years as the water conservation specialist for the Tucson region where she was responsible for program development, events, community outreach and developing educational materials. Her experience in event planning, communications, fund-raising and program development made her a good fit within the NAMI organization. "I have seen the great work and dedication of the staff and volunteers. I feel honored to be able to contribute to increasing awareness about mental illness, the importance of treatment, and reducing stigma in our community."

Arcelia (Arcy) Cornidez, MBA, Help and Hope for YOUTH Project Director
acornidez@namisa.org



Arcy is the Project Director for the Stigma Reduction and Improved Mental Health Initiative. She has over 11 years of experience in social services, having worked in case management, intensive home visitation, and respite care. She also has over 17 years' experience in education, including out-of-school time and during school time settings, and has worked with children, youth and young adults. She has provided training and guidance to community partners on youth friendly referral systems and has presented nationally on engaging youth in foster care and transforming curriculum. Arcy is an Arizona native and mother of twin 4-year-old sons. Her goal is to help educate and empower children, youth and young adults so that they may live a fulfilling life no matter what. She believes that the youth are our future and it is our responsibility as adults to encourage them to use their voice and recognize the value of the impact they can have on our future.

Emily Rourke, Help and Hope for YOUTH Program Assistant
erourke@namisa.org



Emily Rourke is a nonprofit professional and advocate with experience working with school based health centers and person centered medical homes. Prior to joining NAMISA staff Emily was a consultant for NAMI Connecticut working on the Alliance for Children's Mental Health. Emily graduated in 2010 from the University of Arizona's College of Social and Behavioral Sciences. Originally from Connecticut, she loves living in Tucson and spending time with her grandparents. Emily is a member of St. Andrew's Presbyterian Church in Oro Valley.

Marsha Power, Quality Assurance/IT
mpower@namisa.org



Marsha Power became a staff member in February 2014 as the Information Technology and Quality Assurance Manager. She started volunteering for NAMI Southern Arizona in June of 2012 and became a member at the same time. She is also a Peer-to-Peer Mentor and gives In Our Own Voice presentations for NAMI. She believes doing Peer-to-Peer Mentoring and In Our Own Voice helps her stay balanced but also educates the community about mental illness. Marsha is a native of California and a graduate of California State University, Chico, with a Bachelor's in Business. She worked in South Korea as a conversation language teacher after graduation. She retired from IBM after 14 years in 2010.

SUPPORT STAFF

Rebekah (Becky) Nuffer , Membership & Donations Coordinator
memberships@namisa.org



Becky lives with bipolar disorder Type II. " I am from Tucson, and have lived here for the better part of 20 years. I was referred to NAMIsa by my best friend after talking to her about feeling displaced in my home town. I had spent 8-9 months basically bed bound and when I did go out I felt like a stranger. I came to NAMIsa to volunteer and now I am the membership coordinator as well. NAMI has given me a new purpose, a new mission in life. I am a part of my community today. I've found lasting friends. I've found myself again. NAMI has shown me a way to heal myself through service."

Susan O'Brien, Communication & Events Assistant
eventassist@namisa.org



Susan O'Brien came to NAMISA in September, 2019—just in time to work on our 2020 NAMI Walks. She also worked with Christine Wells to launch Trail Blazer learning how to best manage the contact management software and integrate it into NAMISA operations. Additionally, she worked with our web designer Karen Skeen in preparation of launching a new website in 2020. This project was funded by the Community Foundation of Southern Arizona, Catchfire grant. Susan also prepares the weekly Email news viewed by 1400 subscribers, prepared and printed our 2019 annual appeal and will take over our quarterly printed newsletter mailed to over 1600 subscribers beginning in 2020.

Michelle "Chelle" Means, Social Media
media-assist@namisa.org



Michelle "Chelle" Means first joined NAMISA by taking our Peer-to-Peer classes in April 2017. Her goal is to advocate and educate for those living with mental illness, and help end the stigma. After getting her certification, she joined on as a member and volunteer in our outreach and Ending the Silence program as a Young Adult presenter. At the end of December 2017, she became the Volunteer Social Media Coordinator, and was hired on as of July 2018 helping promote, educate, and provide resources utilizing social media. She currently manages our Facebook, Twitter and Instagram accounts and our weekly mid-week inspiration e-blasts.

EDUCATION PROGRAMS

Judy Kowalick, Family-to-Family and Homefront Coordinator

jkowalick@namisa.org



Judy began getting involved with NAMI Southern Arizona in 1995 when her adopted son was diagnosed with OCD. Judy started attending support groups and getting involved in the Advocacy Committee. She signed up for the NAMI Family-to-Family education Program when it started in Tucson in April 2001. Shortly thereafter she began working at NAMI Southern Arizona as the Family Education Coordinator. Judy speaks with prospective class members about the possibility to enroll in the NAMI Family-to-Family Education Program, recruits potential teachers and prepares materials for the classes. Judy is a state trainer for the NAMI Family-to-Family Teachers and NAMI Family Support Group Facilitators. Judy was recruited to be on the CIT (Crisis Intervention Team Training) Consensus Building Panel, the same year the training began for law enforcement officers

in Pima County, to help them understand and handle mental health crises. Judy was a longtime member of the Pima County Human Rights Committee now known as the Southern Independent Oversight Committee.

Judi Maikoff, Ending the Silence, Program Director

jmaikoff@namisa.org



Judi Maikoff is a retired Registered Nurse living with a Serious Mental Illness (SMI.) Although she considers herself in recovery, it hasn't always been so. The pressures of work as a nurse caused her to seek work outside of her field. After attempting to work in 2 local prisons and as a care giver for various organizations, she found her dream job at NAMI Southern Arizona. She is now managing the educational program Ending the Silence, which is designed for youth. Judi is thankful for the generous and energetic support she receives from all volunteers and employees who help to make the Ending the Silence program successful.

Yazmin Garcia, Peer-to-Peer, Persona-a-Persona & Familia-a-Familia Coordinator

ygarcia@namisa.org



Yazmin heard about NAMI when she was looking for some support for her son. "I was going through very difficult times. When I called NAMI, I started asking questions about NAMI services and they answered all the questions I had. I immediately felt supported. I started getting involved with NAMI, first assisting with the Conexión NAMI support group, and afterwards facilitating the group for more than 9 years. Around the same time I started taking the Persona a Persona course. As it turned out I took it three times. I really loved it to the point that I became Persona a Persona mentor, which I've been doing for 8 years now. I did advocacy for more than a year, a job that I really enjoyed. Presently, I'm a Peer-to-Peer, Persona-a-Persona and Familia-a-Familia coordinator, a position that gives me the opportunity to help people to improve their lives through these programs.

Maria Fernanda Mendoza, In Our Own Voice, En Nuestro Propia Voz Coordinator

mmendoza@namisa.org



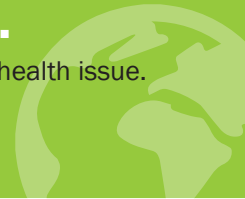
I have been an active volunteer for NAMI Southern Arizona since 2009. NAMI Sa has been an important part of my recovery. By attending the NAMI education programs, my family and I now have a much better understanding of my mental health condition. The In Our Own Voice (IOOV) program has a special place in my heart, being able to share my story with others has been therapeutic for me in a way. I love to have contact with my peers and listen to their own stories of struggles and hope, dreams and challenges. As the new IOOV and En Nuestra Propia Voz (ENPV) program coordinator for NAMI Sa, it is both an honor and a responsibility that I am ready to embrace.

DEPRESSION AND ANXIETY ARE EVERYWHERE.

IN PIMA COUNTY: anxiety/depression disorders are identified as the top health issue.

IN THE US: 19.1% of American adults live with anxiety disorders.

IN THE WORLD: depression is the leading cause of disability.



ADVOCATES

George Storm, Advocate
gstorm@namisa.org



George Storm started as a volunteer resource specialist with NAMI and he “absolutely fell in love with both the people working here and with NAMI’s mission.” He started officially working as an advocate at NAMI in June of 2014. George arrived in Tucson in 1993 which was also the first year of his personal recovery. It was not until 15 years later when he was finally exposed to professional counseling that he finally achieved some success in his own recovery. George decided that he wanted to change careers after 33 years as an Operating Engineer and do something where he had an opportunity to give back. George entered into the Bachelor of Human Services Program at the University of Phoenix. He also went through the Recovery Support Institute and got his first job in behavioral health as a Recovery Support Specialist (RSS) for La Frontera where he spent 5 great years and became the Thornydale Ranch team lead.

Julie Drizin, Advocate
jdrizin@namisa.org



I came to NAMI in December of 2017 when I attended the Peer-to-Peer training. I was referred by my Case Worker at La Frontera where I receive services for Bipolar 1 Disorder. I began volunteering with Advocate George Storm who has provided me with a wealth of knowledge and support. My status changed from volunteer to employee when I filled in for George while he was away on vacation. It was a hectic three weeks but very rewarding and never dull. The work environment at NAMI is supportive and encouraging for those of us re-entering the workforce and living with a mental illness. I have enjoyed working with people that live with conditions similar to my own or that have loved ones with an illness. My background has also helped reduce the learning curve. I have a Bachelor’s of Science in Human Resource Management and more importantly 8 years experience in office management. Computer, research, and organizational skills are

key to a becoming an Advocate, as are listening and people skills. I am grateful for my employment at NAMI and continue to look forward providing services to our clients.

Anastasia Stalling, Advocate
astalling@namisa.org



Anastasia started with NAMI Southern Arizona as a volunteer in 2013 and continues to volunteer as a Receptionist. As a peer Anastasia is able to empathize with peers and family members alike. She became a staff member in 2015 and was in charge of assisting with setting up class meals and the janitorial services in our building.

In May of 2019 she was promoted to an Advocate position and has been assisting people with mental illness and family members with finding resources, and programs that will help them in their recovery process.

Ariane Davaul, Ending the Silence Program Assistant

YProgScheduler@namisa.org



Ariane previously lived in Texas, Michigan, Canada, and Greece before moving to Arizona in 2001. While obtaining her Recovery Support Specialist certification from the University of Arizona in 2018, her journey with depression and anxiety brought her to NAMI. She started out as a volunteer for Ending the Silence and was promoted to Program Assistant the spring of 2019. Ariane enjoys volunteering in the community during her spare time and plans to return to college in 2020.

Martha Auslander, Ending the Silence Outreach Assistant

OutreachAssist@namisa.org



Martha has been a family member of NAMI for the last 20 years following her younger son's diagnosis of schizophrenia. "The hospital where my son was treated referred me to NAMI. I had so many questions about everything, and when I showed up at NAMI a complete wreck Jean shut the office and spent an hour with me responding to my concerns and assuring me that life would be different but manageable. I was so grateful then and have continued to be over the years for the support, education and opportunity to give back to the mental health community." She has volunteered for the past 11 years doing presentations with Parents as Allies and now, Ending the Silence. She has also volunteered as a Resource Specialist, been a speaker for the family experience of mental illness and participated in tablings at various events. Currently, she is the Outreach Assistant for Ending the Silence, tasked with bringing the program to Pinal, Cochise, Santa Cruz and Pima counties.

Shay Cameron Mar, Ending the Silence Program Assistant

scameronmar@namisa.org



Shay is a native of Washington DC and he has lived in Tucson since 2005. Shay's personal experience with major depressive disorder led him to volunteer with NAMI in 2015, and he joined the administrative staff in July of 2016. "NAMI is an amazing organization with a very important mission. I am proud to count myself as a contributor to NAMI's efforts, and I am grateful to be working with such a dedicated and positive group of people." Shay started his education as an art student and went on to study linguistics and business. He holds degrees from the University of Arizona, the University of California, Berkeley, and the Corcoran College of Art and Design in Washington DC. Shay continues to expand his mental health awareness as a Peer Mentor in NAMISA's Peer to Peer program.



National Alliance on Mental Illness

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Visit us online!
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JOIN US FOR THE
14th Annual NAMIWalks Event
Saturday, April 4, 2020
KENNEDY PARK- FIESTA AREA